

SUMMARY OF NAVAL RESERVE READINESS COMMAND (REDCOM) HEALTH PROMOTION SURVEY QUESTIONS

A brief assessment was done recently via email of the nine Naval Reserve Readiness Commands (REDCOMs) regarding the status of Naval Reserve Health Promotion activities. A summary of the findings showed that:

- All NINE REDCOMs are aware of Navy Health Promotion instructions. (COMNAVRESFORINST 6110.3, SECNAVINST 6100.5, OPNAVINST 6100.2, BUMEDINST 6110.13)
- FOUR out of nine have a health promotion program with two in the process of development.
- SIX out of nine have a health promotion coordinator appointed with one in process of selecting someone.
- ONE REDCOM has a Health Promotion/Wellness Committee/Council in place.
- FOUR out of nine have a Health Promotion coordinator who has attended some type of health promotion training (i.e. Navy Health Promotion Director and Semper Fit Coordinator Training and Certification Course, Health Promotion Basics Course, NEHC HP conference, Navy HIV Instructor Training, or Put Prevention Into Practice Workshop)
- FIVE out of nine have conducted local needs assessments to determine demographics and/or health risks.

SUMMARY OF COMMUNICATION WITH REDCOM HP CONTACTS

REDCOM NORTHWEST

4,500 selected reservists

11 reserve centers

REDCOM headquarters is located in Everett, WA.

POC is HMC Daniel Allen DSN 727-3875

Email: allendan@cnrf.nola.navy.mil

They are aware of the Navy Health Promotion instructions but currently do not have a Health Promotion program. There are no trained health promotion coordinators but each reserve center has a hospital corpsman assigned as the health promotions coordinator. A resource library has not been set up. Health promotion questions are asked during annual physicals. Some of the reserve centers have an hour during the drill week-end to practice PRT. A MDR conference is being organized for September focusing on health promotion and all health promotion coordinators will be attending.

REDCOM SOUTHWEST

8,400 selected reservists

12 reserve centers

REDCOM headquarters is located in San Diego, CA.

POC is HMC David Grubb 619-532-1868 DSN 522-1868

Email: grubb@cnrf.nola.navy.mil

There is awareness of the Navy Health Promotion instructions but there is no health promotion program in place. There is no health promotion coordinator but staff in the Health Services Department have been given this as a collateral duty. There is no health promotion wellness committee/council or trained coordinator and no local needs assessment has been conducted at this time. It is up to each reserve center to get their resources through their NTC.

REDCOM MID-SOUTH

5,000 selected reservists

14 reserve centers

REDCOM headquarters is located in Millington, TN.

POC is HMC Charles Freeman 901-874-7029 DSN 882

Email: free@cnrf.nola.navy.mil

They are aware of the Navy Health Promotion instructions but don't have a health promotion program at this time. There is no appointed trained health promotion coordinator and no wellness council/committee. The PRT screening process is the only health risk management tool in place. There is no budget for health promotion.

REDCOM NORTH CENTRAL

4,598 selected reservists

19 reserve centers

REDCOM headquarters is located in Minneapolis, MN (moving to Omaha)

POC is CAPT Donna Kreft 1-800-362-2793 x2511

Email: dkreft@frontiernet.net or kreft@triton.iccc.cc.ia.us

They are aware of the Navy Health Promotion instructions and have tried to start a health promotion program. There is an appointed health promotion coordinator who is trained. There is no budget for health promotion and an initial needs assessment has not been done. Due to the large geographical area this REDCOM covers and the time zone change, communication is difficult. They are hoping to develop a web page for health promotion that will link all the reserve centers under the command.

REDCOM MIDWEST

7,000 selected reservists.

26 reserve centers

REDCOM headquarters is located in Great Lakes, ILL.

POC is CAPT John Oudshoorn 616-975-8468

Email: John.Oudshoorn@priority-health.com

There is awareness of the Navy Health Promotion instructions and a health promotion program in place. There is an appointed health promotion coordinator who is trained and initial needs assessments are ongoing. There is no budget for health promotion so information such as brochures and posters are retrieved through local resources. Reserve centers have health promotion bulletin boards with topics targeted to the National Health Observances calendar. This REDCOM has developed their own web page which includes sites for a Wellness list, Preparing For The PRT For People Over 50, Infantry Battalion Medical Standard Operating Procedures, Self Assessment and Goals for Success, Frequently Asked Questions from the Health Department, Health-A-Bet which denotes letters of the alphabet with health education tips intertwined through each letter and a health promotion letter is sent out monthly focusing on a specific health topic of interest. The main focus is on health promotion awareness and education.

REDCOM SOUTH

6,702 selected reservists

18 reserve centers under this REDCOM.

REDCOM headquarters is located in Fort Worth, TX.

POC is HMCS Kathie Lowery 817-782-6657

Email: loweryk@cnrf.nola.navy.mil

or HMC Molina 817-782-6739 Email: Molina@cnrf.nola.navy.mil

They are aware of the Navy Health Promotion instructions and have had a health promotion program for many years and money is available for health promotion. Many of the reserve centers practice for the PRT during their drill week-ends. A wellness council/committee has been formed and is staffed by three members. There is no trained health promotion coordinator but there is a point of contact. Initial assessments have been accomplished through PRT results and screening questionnaires every six months and medical/injury records. A medical conference is held annually and all health promotion coordinators meet to share what's been implemented at their reserve centers. Awareness of health promotion is ensured by conducting annual GMT's and POW notes on physical fitness, nutrition, weight control, tobacco risks, alcohol abuse, men and women health issues, stress management and injury prevention.

REDCOM NORTHEAST

7,500 selected reservists

20 reserve centers

REDCOM headquarters is located in Newport, RI.

POC is CAPT Janet Trinkwalder 716-688-4676

Email: Ptrinkwald@aol.com

or HMC Byron 401-841-3866 Email: byron@cnrf.nola.navy.mil

This REDCOM is in full support of the health promotion program. They have a local instruction and plan a Wellness Award similar to the "Green H" (Fleet HP award). They are aware of the Navy Health Promotion instructions and each reserve center is tasked with selecting their own HP coordinator. There is some money allotted for health promotion but there is no trained health promotion coordinator at this time. An initial risk assessment to establish wellness topics has been accomplished (19 question survey was given to reserve members) and is currently being reviewed. One hour per drill week-end is set aside for wellness related topics and/or PRT.

REDCOM MIDATLANTIC

13,000 selected reservists.

16 Reserve Centers

REDCOM headquarters is located in Washington, DC at the Naval Yard.

POC is YNC Clarence McCallum 202-433-6276

Email: mccalluc@cnrf.nola.navy.mil

They are aware of the Navy Health Promotion instructions and have had a health promotion program in place since 1997. There is currently an appointed trained health promotion coordinator. Initial needs assessments have been conducted throughout the REDCOM. Command Fitness Leaders have been set up throughout the region, health education notes are sent out daily, there is good support from REDCOM for health promotion, time is allotted during the drill week-end for PRT, PRT questionnaires are reviewed biannually, a training resource request has been requested for those who prefer swimming and a website is currently under development. There is a budget at the REDCOM level for health promotion.

REDCOM SOUTHEAST

6,500 reservists

17 reserve centers

REDCOM headquarters is located in Jacksonville, FL

POC is CDR Sandy Lane 850-245-4444, x2236

Email: Sandra.Lane@doh.state.fl.us

This REDCOM is in full support of health promotion. There is awareness about the Navy Health Promotion instructions and a health promotion program has been in place for three years. Appointed trained coordinators are in place. There is a Lifelines Committee in place at REDCOM and initial assessments have been conducted at many of the reserve centers. There is no budget for the health promotion program. HP coordinators get together annually to share ideas and new health promotion initiatives. PRT practice time has been integrated into many of the reserve centers drill weekends, community speakers share their expertise on various health education topics during "Wellness Hour", cholesterol education classes and screening as well as blood pressure screenings have been implemented, health fairs have been provided to reserve communities, health and wellness bulletin boards have been established with information changing monthly mirroring the National Health Observances calendar. The main focus is on health promotion awareness and education.

In summary, through review of the surveys and communication with the HP coordinators, it is evident that:

- 1) There is a need for many of the Health Promotion Coordinators to attend one or more of the training courses offered by Navy Environmental Health Center (NEHC).
- 2) REDCOMs recognize that health promotion is an avenue for promoting healthy lifestyles to increase individual, unit and total force readiness.
- 3) Many of the REDCOMs are in full support of the health promotion program and are encouraging their reserve centers to implement various activities to increase education and awareness throughout the region.
- 4) A budget allotted specifically for health promotion should be a top priority at each REDCOM that would filter down monies to the reserve centers under their command.
- 5) Health Promotion Coordinators should be encouraged to meet at least annually to review updated information, share ideas and initiatives from each reserve center and send in a region wide report of their accomplishments.
- 6) A Health Risk Appraisal/Assessment specific to the Naval Reserve population should be developed to derive initial health promotion needs.
- 7) Health Promotion Wellness Committees/Councils should be formed at each reserve center to assist in the development of the health promotion program and on-going activities.
- 8) Ensure all REDCOMs have the Starter Kit for Health Promotion available and better access to Health Promotion resources through NEHC.

ACTION:

A Reserve Health Promotion newsletter is under development (expect 1st edition Feb 01) and will be e-mailed to key contacts and posted on the NEHC HP web page for greater dissemination of HP information of specific interest to reserve component members. Current thinking is for a quarterly newsletter.